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WHEN THERE'S A STEW ON ORDER

Imagination is an essential ingredient in every good meat-and-vegetable stew. But a few definite rules help to give the dish good flavor, save food value, make use of low-cost ingredients.

"To get a rich flavor and deep brown color, start by browning the meat in hot fat," suggests _____, _____, _____.
(Name) (Title) (Place)
"Then add enough water to cover the meat, and finish cooking at a low temperature. Simmering, rather than boiling, softens the connective tissue and makes the meat tender."

The number-one rule when making stew is long cooking for the meat, short cooking for the vegetables. Modern cooks know that food values disappear when vegetables are overcooked. Short cooking also means full flavor, bright color, and firm texture for the vegetables.

"Most stews start with the less-tender meats, because these cuts can be made tender with long, slow cooking. Tidbits and small pieces of tender meat can also be used to advantage in stews. Although these meats are low in price, they're just as nutritious as the more expensive steaks and chops," _____ points out.

Among the beef cuts suitable for stews, there's the fore and hind shank, the heel of round, flank, neck, short ribs, plate, and brisket. Veal and lamb riblets, made by cutting between the ribs of the breast, are excellent for stew. So are small, very lean shoulders. And there are other irregularly-shaped pieces of veal, lamb, and pork that are also the starter for delicious and savory stews.

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